

## Isoniazid and Tyramine Containing Foods

Isoniazid can interact with tyramine containing foods, and in rare cases cause a reaction that can be confused with an allergic response, and be frightening to the client. This is because INH is a mild MAO inhibitor.

A tyramine reaction can include: flushing, tachycardia, chills, headache, nausea, vomiting, diarrhea, burning sensations, sweating, or shortness of breath. A client should be made aware of this potential food interaction and be cautioned to eat these foods with caution, in small amounts. If a particular food is found to cause a problem, the INH should be taken 1 hour before or 2 hours after the food item, or avoided completely.

Eat the following tyramine containing foods with caution:

- cheeses, including american, blue, boursault, brick, brie, camembert, cheddar, emmenthaler, gruyere, mozzarella, parmesan, romano, roquefort, stilton, and swiss;
- sour cream and yogurt;
- beef or chicken liver, fish, meats prepared with tenderizer, bologna, pepperoni, salami, summer sausage, game meat, meat extracts, caviar, dried fish, herring, shrimp paste, and tuna;
- avocados, bananas, figs, raisins, and sauerkraut;
- soy sauce, miso soup, bean curd, and fava beans;
- yeast extracts;
- ginseng;
- chocolate;
- caffeine (coffee, tea, cola, etc.); and
- beer (alcoholic and nonalcoholic), red wine (especially Chianti), sherry, vermouth, and other distilled spirits.